

LAACC Health Classes

*****These are some of the health classes offered at LAACC
Call LAACC PERC for the full schedule at (213) 253-2677 ext. 24573*****

Intro to MOVE!– Weight Management Program

- 1st Monday of the month from 10:30am-12:00pm or 3rd Thursday of the month from 2:00pm-3:30pm
- Held in PERC Room A-336
- Your instructor will explain other MOVE classes you can go to after the introduction class.
- To schedule, call David Damico, RD, MPH at (213) 253-2677 ext. 24311

Freedom from Smoking Clinic

- Starts every 1st Tuesday of the month from 10:00am-12:00pm
- This is an 8-week program, held in PERC Room A-336
- To schedule, call Fiona Hwang, MPH at (213) 253-2677 ext. 24573

Colonoscopy Education

- **Walk-ins:** Every Tuesday at 2:00pm. Held in PERC, Room A-336
- **Telehealth Class:** Every Wednesday at 10:00am. To schedule call David Holland at (213) 253-2677 ext. 24476

3-week Diabetes Education

- Held on select Thursdays from 8:00am-10:00am
- Held in PERC Room A-336
- To schedule, call David Damico, RD, MPH at (213) 253-2677 ext.24311
- Call ahead of time for exact dates

Healthy Living Group

- Held every last Wednesday of the month from 10:00am-11:00am
- Held in PERC Room A-336
- To schedule, call Johana Vega, Health Coach at (213) 253-2677 ext. 24374

Diabetes Support Group

- Held every Friday from 10:00am-11:00am
- Held in PERC Room A-336
- Call Johana Vega, Health Coach at (213) 253-2677 ext. 24374